



Seed Cycling

the basics and not-so-basics

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WORDS WE LIVE BY

When your period starts to go awry, the first culprit is usually stress. Essentially, a healthy period is not a necessity for a body and mind under heavy amounts of anxiety, fear, anger, isolation, depression, or unhealthy lifestyle habits.



basic principles

day 1-14: follicular phase
objective: boost good estrogen

day 15-28: luteal phase
objective: boost progesterone



1 tbsp ground flax seed



1 tbsp sunflower seed



*jennifer
woodward* NUTRITION



NORMAL PERIODS

A normal period consists of about 14 days in the follicular phase, where the body needs plenty of good estrogen. At the same time, it needs to clear out toxic estrogen. Toxic estrogen can build up in the body if you're constipated, if your liver function is impaired, if your body prefers the wrong estrogen pathways, or if your environment or lifestyle includes exposure to xenoestrogens.

CHAPTER ONE

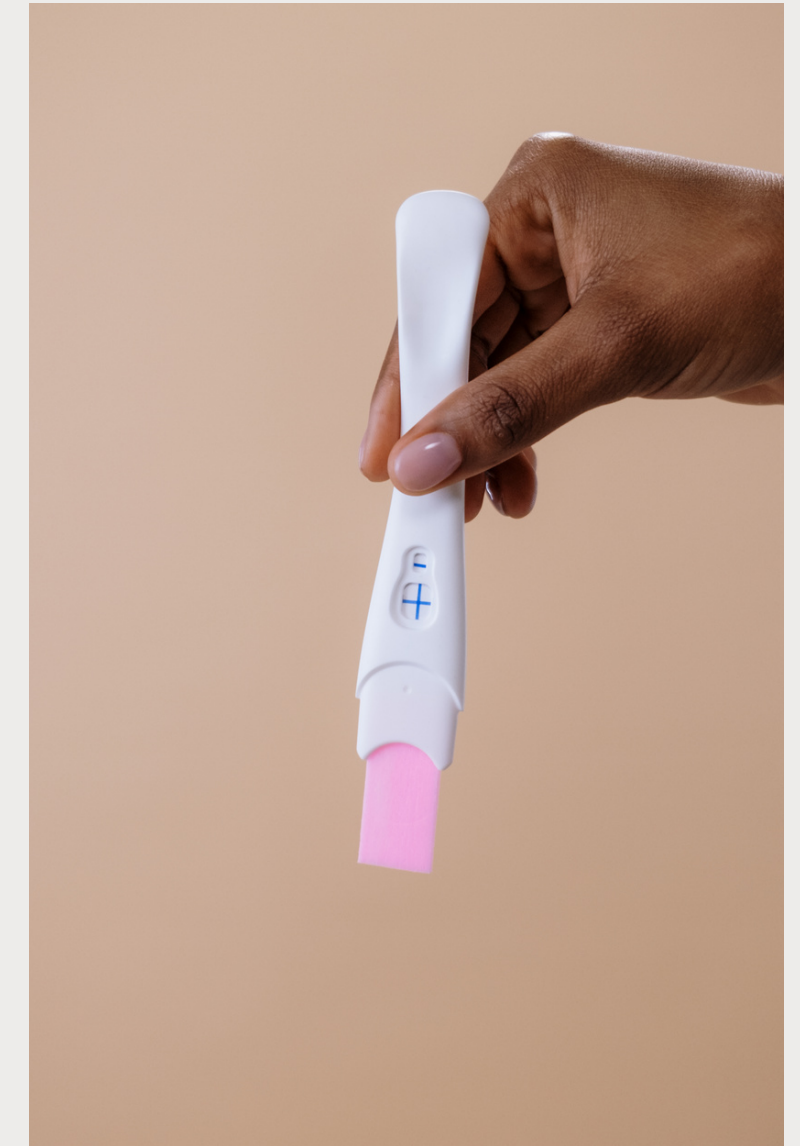
During the follicular phase, Follicle Stimulating Hormone builds up to create a healthy environment to precede an egg being released from one follicle. If this process goes awry, issues like PCOS can occur as the follicle will not swell and burst and ovulation will not occur. FSH also increases estrogen (estradiol).

CHAPTER TWO

At ovulation, your body needs plenty of this estrogen to stimulate Luteinizing Hormone, which causes the follicle to actually complete the rupture and the release of an egg.

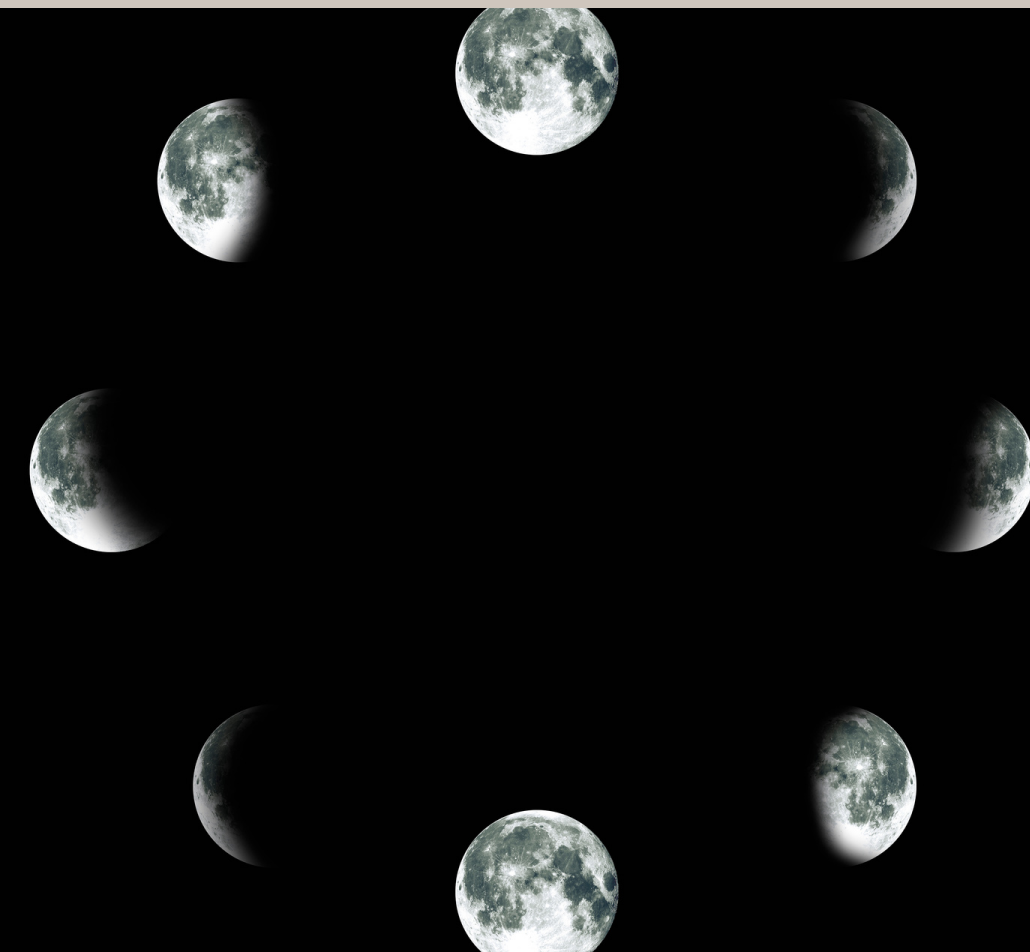
CHAPTER THREE

After ovulation, progesterone levels should start to rise. Now, the body is in the luteal phase. FSH and LH levels decrease. After the egg has been released from the follicle and the follicle closes back up, it forms a corpus luteum. The corpus luteum produces progesterone. Estrogen levels should still be quite high. Toward the end of this cycle, if the egg is not fertilized, progesterone and estrogen levels decrease and the endometrial lining breaks down. No ovulation > no corpus luteum > no P



FOLLICULAR PHASE

In the first half of the cycle, or days 1-14, seeds that are supportive of estrogen such as flax seeds or pumpkin seeds are ingested daily. Flax seeds contain lignans which can bind to excess estrogen in the body allowing for more efficient elimination.

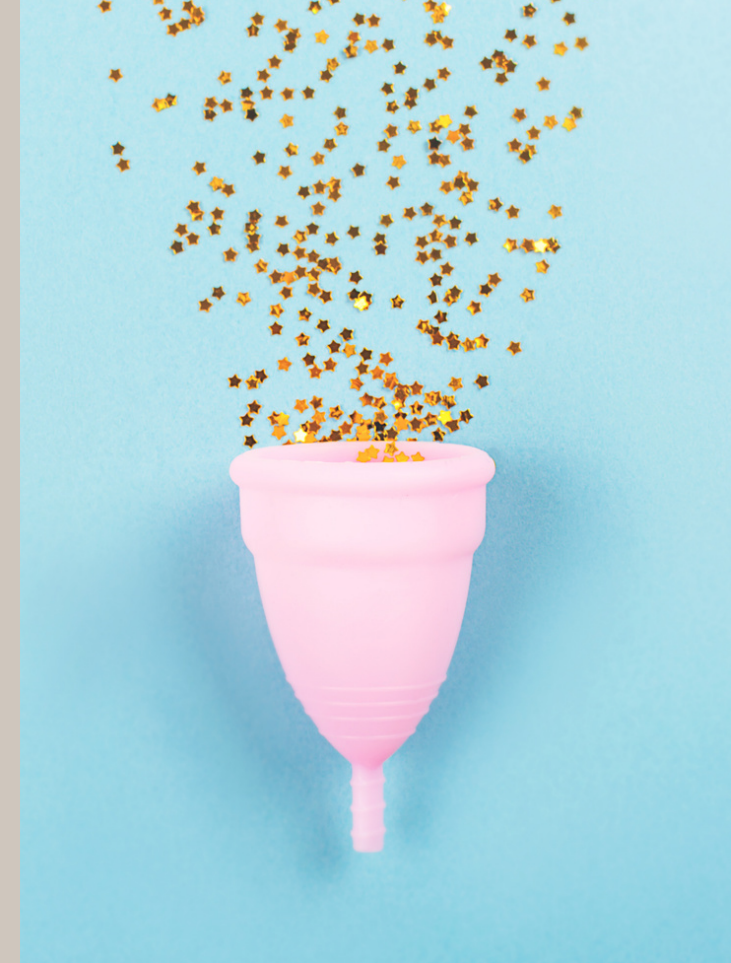


EFFECT OF FLAX SEED INGESTION ON THE MENSTRUAL CYCLE

[HTTPS://PUBMED.NCBI.NLM.NIH.GOV/8077314/](https://pubmed.ncbi.nlm.nih.gov/8077314/)

Lignans are a group of phytochemicals shown to have weakly estrogenic and antiestrogenic properties. Two specific lignans, enterodiol and enterolactone, are absorbed after formation in the intestinal tract from plant precursors particularly abundant in fiber-rich food and are excreted in the urine.

1. Each subject consumed her usual omnivorous, low fiber (control) diet for 3 cycles and her usual diet supplemented with flax seed for another 3 cycles. **Fewer anovulatory cycles.**
2. Although flax seed ingestion had no significant effect on LP progesterone concentrations, the LP progesterone/estradiol ratios were significantly higher during the flax cycles
3. Midfollicular phase testosterone concentrations were slightly higher during flax cycles



LUTEAL PHASE

- The luteal phase lasts from day 15 to 28, and during this phase your progesterone levels steadily increase (until your flow starts). It is beneficial to eat sunflower and sesame seeds during this time as the high levels of zinc in sesame seeds and vitamin E in sunflower seeds promote progesterone production.



SESAME INGESTION AFFECTS SEX HORMONES, ANTIOXIDANT STATUS, AND BLOOD LIPIDS IN POSTMENOPAUSAL WOMEN

[HTTPS://PUBMED.NCBI.NLM.NIH.GOV/16614415/](https://pubmed.ncbi.nlm.nih.gov/16614415/)

One small study of postmenopausal women who consumed sesame seed powder found that eating the seeds increased levels of one form of vitamin E circulating throughout the body (16). Seed consumption didn't increase estrogen, but it decreased a type of androgen and increased sex hormone binding globulin (SHBG)

1. One small study of postmenopausal women who consumed sesame seed powder found that eating the seeds increased levels of one form of vitamin E circulating throughout the body
2. Seed consumption didn't increase estrogen, but it decreased DHEA and increased sex hormone binding globulin (SHBG).



OVULATION

how can you tell if you ovulate?



1. Look for fertile cervical mucus. This should happen around day 13-16 and will look and feel like slippery egg whites.
2. Track your basal body temperature. Estrogen decreases body temperature (a whole 'nother kettle of fish!) and progesterone raises body temperature, about 0.5 degrees. Priya will do it for you.

SEEDS FOR CYCLING

1 TBSP EACH PER DAY



FOLLICULAR PHASE

Flax
Seeds

Pumpkin
Seeds

LUTEAL PHASE

Sesame
Seeds

Sunflower
Seeds

FOLLICULAR PHASE

Seed Cycling Dots



collagen seed cycling dots follicular phase (1-14)

ingredients

1/2 cup pumpkin seeds	2 tbsp cocoa powder
1/2 cup flax seeds	5 dates, pitted
1/2 cup dry oats	1/2 cup almond butter
1/4 cup collagen powder	1 tsp vanilla extract
	pinch celtic salt

serves
7

prep time
20 MINUTES

cook time
NONE

instructions

Use a food processor to grind the seeds until they are a fine powder.

Add in oats, chocolate powder, dates, almond butter, vanilla, and pinch of salt.

Process until batter is smooth.

Add a bit of water to batter if needed to smooth it out further.

Line a cookie sheet with wax paper.

Roll dough into 14 1-inch sized balls.

Refrigerate or freeze until firm and store in a glass container.

Eat 1 ball for each day of your follicular phase.



LUTEAL PHASE

Seed Cycling Dots



collagen seed cycling dots luteal phase (15-28)

ingredients

1/2 cup sunflower seeds	2 tbsp chocolate chips
1/2 cup sesame seeds	5 dates, pitted
1/2 cup dry oats	1/2 cup almond butter
1/4 cup collagen powder	1 tsp vanilla extract
	pinch celtic salt

instructions

Use a food processor to grind the seeds until they are a fine powder.

Add in oats, chocolate chips, dates, almond butter, vanilla, and pinch of salt.

Process until batter is smooth.

Add a bit of water to batter if needed to smooth it out further.

Line a cookie sheet with wax paper.

Roll dough into 14 1-inch sized balls.

Refrigerate or freeze until firm and store in a glass container.

Eat 1 ball for each day of your luteal phase.

serves
14

prep time
20 MINUTES

cook time
NONE



FREQUENTLY ASKED QUESTIONS

- ✿ what if I don't have a normal period?
- ✿ what if I'm estrogen dominant?
- ✿ what if I'm peri/post-menopausal?
- ✿ what if I'm allergic/intolerant to (x,y,z)?

